

Teacher Overview: Space Nutrition Newsletter

Blood, Bone, Bacteria, and Rats...It's all 'K! Volume 4 Issue 4

This overview will help you understand what is contained in this issue of the Space Nutrition Newsletter.

Facts:

- Vitamin K is important for stopping blood flow resulting from injuries. This is known as coagulation.
- Vitamin K helps bones make proteins that hold calcium in place. This may play a role in bone loss in space!
- The bacteria in your large intestine make vitamin K that may be absorbed and used by your body.
- Rat poison blocks vitamin K actions in the body, causes rats to become vitamin K-deficient, and thus kills rats.
- Good sources of vitamin K in the diet are dark green foods such as spinach, green peas, kale, and broccoli.

Activities:

- **Thea's Corner** is a comprehensive crossword puzzle dealing with space terms and issue 4's terms. The answers may be found on the back of this page, or at the Human Adaptations and Countermeasures Office website:
<http://haco.jsc.nasa.gov/biomedical/nutrition/kids.shtml>
- **"Did you know?"** includes current facts from the ISS and the upcoming shuttle mission STS-114.
- The **word of the month** can be defined from the synopsis on the first page of the upcoming newsletter.
- A **web challenge** is included, so take this newsletter to your computer lab!
- Bonus pages, experiments, and student work can be found at
<http://haco.jsc.nasa.gov/biomedical/nutrition/kids.shtml>

Answers to Thea's Corner Crossword Puzzle:

[illegible]